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1 endorphins, creating behavioral changes, cravings and
2 attraction to addictive substances; and

3 WHEREAS, the inclusion of nutrition management in the
4 treatment of alcoholism has been shown to minimize the
5 discomfort of withdrawal, eliminate cravings and create a
6 neurochemical capacity to say "no" to alcohol; and

7 WHEREAS, such attention to nutrition creates significant,
8 positive behavioral changes and enhances self-esteem
9 biochemically; and

10 WHEREAS, such a protocol included as part of treatment for
11 alcoholism is low-cost and accessible, requires no medical,
12 psychotherapeutic or dietetic interventions and is demonstrated
13 to reduce recidivism and produce long-lasting results in
14 alcoholics;

15 NOW, THEREFORE, BE IT RESOLVED BY THE LEGISLATURE OF THE
16 STATE OF NEW MEXICO that the department of health be requested
17 to evaluate the effectiveness and advantages of using nutrition
18 as a component of treatment for alcoholism and to incorporate
19 its use into standard treatment modalities; and

20 BE IT FURTHER RESOLVED that the department of health
21 develop a teaching curriculum for treatment administrators and
22 providers, and a workbook for treatment participants; and

23 BE IT FURTHER RESOLVED that pre- and post-treatment
24 assessment tools be developed to measure the effectiveness of
25 this treatment component; and

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BE IT FURTHER RESOLVED that the department of health
consult with experts in nutrition as a component of treatment
for alcoholism in conducting its evaluation and in developing
materials; and

BE IT FURTHER RESOLVED that the department of health
report its findings and recommendations to the interim
legislative health and human services committee at its
September 2003 meeting; and

BE IT FURTHER RESOLVED that copies of this memorial be
transmitted to the department of health and the legislative
health and human services committee.